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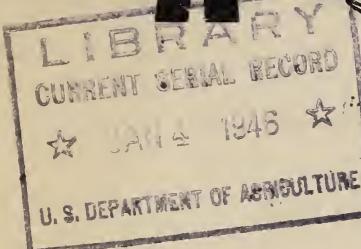
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INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution

Midwest Region, 5 South Wabash Avenue, Chicago 3, Ill.

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When the Nation calls for production, more and more production, stop just long enough to remember two facts:

First, that factory workers behind our fighting men behind the guns at all fronts perform a key roll in the great offensive. Remember also that a hearty, midshift meal is one of the best ways to keep production efficiency at its peak--it is one of the best ways to protect your health as well.

What the nutritious meal does for you

Most of us think that good food is the food we like best. That may or may not be true. Sometimes the foods we like best lack some of the food value essential to buoyant, good health. If we are to have the drive and enthusiasm to work to capacity all day and have enough pep in reserve to enjoy our leisure time as well, we must choose the proper foods with care and forethought.

What must we eat to be well-fed?

In order to be well-fed we must have enough of the right kinds of food every day. Besides calories, we should choose the foods that supply the nutrients essential for good health. These are:

1. One or more servings of protein-rich food such as meat, fish, poultry, cheese, eggs, dry beans and peas, and nuts.
2. One pint of milk to supply calcium--cheese and green leafy vegetables are good sources, too.
3. A whole-grain or enriched cereal and an egg will help meet the iron requirement. Meat and dry beans and peas also are good sources of iron.
4. One or more servings of leafy green and yellow vegetables will furnish vitamin A, as will butter, fortified margarine, and eggs.
5. Liver, kidney, lean pork, dry beans and peas, and whole-grain cereals are excellent sources of the B vitamins. Eggs and milk also contribute to the supply of these vitamins.
6. Choose a serving of citrus fruits and/or tomatoes every day for vitamin C. Leafy green vegetables, green peppers, cantaloups, strawberries, and potatoes also are sources of this vitamin.

(more)

For that added health protection, this is important:

Make certain that all the white bread and rolls you eat are enriched, that cereals are whole-grain or enriched, and that margarine is fortified. Table salt should be iodized.

How to get an adequate meal on the job.

In many plants, a low-cost, vitamin-rich lunch special is offered daily, and this is usually the surest way to get the right selection of foods. If properly planned, the lunch special follows this general food pattern:

Main protein-rich dish
(made from meat, fish, poultry, cheese
eggs, dry beans or peas)
Potatoes (or another starch vegetable)
Green or yellow vegetables (cooked or raw)
Enriched or whole-wheat breadstuff
Butter or Vitamin A - fortified margarine
Milk
Dessert (preferably containing milk or eggs)

A lunch special consisting of a generous serving of each of these foods should provide you with one-third of your daily food requirements except vitamin C. If citrus fruit juice, tomato juice, or a leafy vegetable salad is included, the nutritional value of the lunch is further improved. The vitamin-C-wise worker will remember to have for breakfast each morning tomato juice or citrus fruit or juice to make certain he has a good start on his daily requirement of that precious vitamin.

Is a satisfying meal always a nutritious meal?

Workers not aware of food value might choose these popular foods:

Hot roast beef sandwich with gravy	Stewed white corn
Mashed potatoes	Apple pie
	Coffee

This is a substantial, filling meal which provides a protein-rich main dish, potatoes, bread and a fruit dessert. But what does it lack? Calcium is missing, the amount of vitamins A and C is inadequate, and there is not nearly enough of the B vitamins.

By suggesting a few changes let us make this lunch into a more nutritious meal. It is not necessary to add more food items, nor does it need to cost more:

Pot roast of beef with gravy	Whole-wheat rolls
Steamed whole potatoes	Butter or fortified margarine
Tossed green salad	Custard Pie
	Milk

In this lunch the leafy green salad is rich in vitamin A and supplies some vitamin C; the milk furnishes calcium that is missing in the other lunch; the whole-wheat rolls and the milk add additional B vitamins, and the steamed potatoes contain more vitamin C than the mashed potatoes.

More workers with the "know how" on food selection are eating the lunch special. It is easy on the pocketbook and when carefully planned and prepared, provides the foods that mean health insurance.

SERVE EGGS OFTEN--INTERMEDIATE GRADE EGGS PLENTIFUL ON DECEMBER MARKET

Eggs rate as "protective" because they are a source of important minerals and vitamins needed to safeguard health. Egg yolk is one of the best sources of iron--a mineral in which diets often are low. Eggs also are a good body-building food, because they contain protein of high quality.

The industrial worker may well eat from 3 to 5 eggs a week. If possible, he should have an egg a day. Every additional egg in the diet means added food value and extra "protection".

COOK EGGS AT MODERATE TEMPERATURE-- The secret of success in cooking eggs is to use moderate even heat. Eggs cooked at too high a temperature become tough and leathery.

KEEP EGGS COOL-- Once a good egg, not always a good egg---unless it is treated right. An egg carries some protection in its "bloom", which is a natural seal for the pores of the shell. But eggs need to be kept cool. Store eggs away from onions and other highly scented foods. They absorb odors and flavors easily.

CHOOSE YOUR WAY TO USE INTERMEDIATE GRADE EGGS!Main Dishes

Chopped Egg Sandwich Filling
Egg Omelets with variations
Creamed Eggs on Toast or with Vegetables
Cheese Souffle
Scalloped Eggs and Macaroni
Corn a la Southern

Salads and Dressings

Thousand Island Dressing-Boiled
Chopped raw carrots, peas and eggs
Potato Salad (Hot & Cold)
Hard Cooked Egg & Salad Greens
Cheese Egg Celery & Macaroni
Pickled Egg & Beet Salad

DESSERTS

Fruit whip, Prune Rice Custard, Bread Pudding and variations, Baked Custard, Soft Custards for whips and pudding.

CUSTARD PIE

Yield: - 17 pies, 10-inch

Quantity for 100	Ingredients	Quantity for 100	Ingredients
*10- $\frac{1}{2}$ qts. (25 tall cans)	Evaporated milk	2 lbs. 8 oz.	Sugar
2 lbs. 8 ounces	Sugar	4 ounces	Vanilla
5 ounces	Cornstarch	3 $\frac{1}{2}$ qts. (7 lbs.)	Water
1-3/4 oz. (3 $\frac{1}{2}$ tablespoons)	Salt	17	10 inch pie shells
80 (3 lbs. 3. oz.)	Egg yolks		

Heat evaporated milk to boiling point in steam-jacketed kettle. Mix first quantity of sugar, cornstarch, and salt and add gradually to hot milk, stirring constantly. As soon as mixture begins to thicken, remove from heat. Beat egg yolks slightly. Add sugar and vanilla. Pour some of hot mixture over eggs. When thoroughly blended add to hot milk. Add cold water. Pour 2 pounds (1 quart) of custard mixture into each shell. Bake in hot oven (450°F.) 10 minutes; then reduce heat to 325°F., and bake 20 to 30 minutes, or until custard is firm. Test by inserting a knife in the center. Custard should not adhere to it. (32 whole eggs may be used in place of egg yolks.)

-----*Equivalent for fresh milk--1 quart (2 pounds 2 ounces) fresh milk- $\frac{1}{2}$ tall cans evaporated plus 1 pint water. When the fresh milk is used the amount of water specified should be omitted.

HOLIDAY SALADS

Menus suggested by WFA's Industrial Feeding Specialists recommend inclusion of vegetables or salads in a dinner special planned to provide at least 1/3 of a day's nutrients.

Holiday time is an excellent season to arrange the cafeteria counter in keeping with the holiday spirit. The wide selection of fresh fruit and vegetables on the market makes it possible to vary the menu with colorful salads throughout the week. Fresh, crisp, colorful salads are too often missing on workers' lunch trays. A real challenge to the cafeteria manager is to make the salad counter an irresistible "EYE FULL"—a popular favorite with all patrons.

Try These

CRANBERRIES—ground raw with apples, oranges, and lemons plus sugar, honey or corn syrup, makes a tart, tasty, colorful salad. So easy to prepare—wash ingredients well and chop. If you have an electric chopper, so much the better!

Mounds of COTTAGE CHEESE on crisp lettuce, varied with chopped nuts or chopped carrots or chopped parsley. Orange slices, with cottage cheese filling, put together sandwich style, on crisp lettuce, a green pepper ring garnish, high in color and vitamins.

CABBAGE PEPPER SLAW garnished with sliced raw cranberries.

CABBAGE-APPLE SLAW with orange section garnish.

Clear molded CRANBERRY SALAD or cranberries molded with celery and apples, on green lettuce cups, carry out the Christmas colors.

POMEGRANATE SEEDS can be used as a salad garnish—a tasty bite too.

PEAR HALVES (so easy to use) can be transformed from usual to unusual—simply brush lightly with red color—results are a "blushed pear" salad.

GRAPEFRUIT sections alone, or stuffed into prunes—delightful but require more kitchen help.

Tiny CINNAMON APPLES stuffed with raisins or a seasoned cheese filling. Sections of cinnamon apples can add color to many salad combinations.

APPLES, PEARS, bunches of GRAPES, polished to a "high shine", already to go in individual servings on the dessert counter, will give keen competition to the pie and cake sales.

Menu and Nutrition Service

Associated Industries of Massachusetts in co-operation with the Sub-Committee on Industrial Nutrition, Massachusetts Committee on Public Safety, The Division of Occupational Hygiene and Massachusetts Department of Labor and Industries, prepare and are issuing a Weekly Menu and Nutrition Service for plant cafeterias. The Menu and Nutrition Service is designed to reduce the amount of time needed by the Cafeteria Manager for planning and to leave more time for supervision of new and inefficient employees. It puts into practical use the latest nutrition information so necessary to scientific feeding of large numbers of people.

The production menu is based on predicted market situations during the week the menu is planned to be put into use. It encourages a good distribution of meats, meat alternates or extenders, and makes possible a judicious use of other scarce food products, sugar, fats and canned foods. The production menu, together with other data in the Service, facilitates the calculation of the wholesale market order, the estimation of the number of daily orders of each menu item to be sold, the calculation of the quantities of each food to be prepared, and the employees' schedules of work and cleaning for each day.

Recipes have been standardized to give 100 portions of a size to satisfy hearty appetites. The rationed food allowances and the raw food cost percentage have been calculated for the Hearty Luncheon Special based upon 100 sales of the luncheon.

TIPS TO THE CAFETERIA MANAGER

1. CLEANLINESS of food prepared and food served is an effective factor for health.
2. CLEANLINESS of equipment increases its life and usefulness.
3. CLEANLINESS of salespersons' uniforms, and good grooming, is a vital part of the cafeteria's "showmanship."
4. CLEANLINESS of counters, free from crumbs, clean containers for replenishing food selections are factors to observe throughout service.

REQUEST FOR INDUSTRIAL FEEDING SPECIALISTS SERVICES

The Midwest Office of Distribution maintains a staff of industrial feeding specialists to help industrialists and institutional food operators solve their mass feeding problems. This service is free upon request. The following form is for your convenience.

Plant Name _____ Address _____

Official to see _____ Title _____

Check Service Desired

Installation or expansion
of feeding facilities

Menu Planning

Efficient operation

Nutrition education program for
better health and efficiency of
workers.

Clip and Send to:

WFA, Office of Distribution, Industrial Feeding Section
5 South Wabash Avenue, Chicago 3, Illinois

